

PROFILES OF HOPE 2013: PARIS BARCLAY
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The Los Angeles County Department of Mental Health's (LACDMH) Public Information Office (PIO) has started taping its continuing Emmy Award-winning series, *Profiles of Hope*. The first story in this upcoming series spotlights director and producer Paris Barclay at his home near Studio City.

The *Profiles of Hope* series is made up of 10-minute inspirational stories, featuring individuals who share how they overcame stigma and various obstacles to eventually lead them to a road of *Hope, Wellness and Recovery*. This latest round is being produced, along with the *Free Your Mind Projects Radio Show*, as part of an anti-stigma and social inclusion campaign to create awareness, education and discussion about mental health.

Paris Barclay is a two-time, Emmy Award-winning director and producer for some of television's most original and acclaimed series. His credits include *NYPD Blue*, *ER*, *The West Wing*, *Lost*, *The Good Wife*, *CSI*, *NCIS: Los Angeles*, *House*, *Glee* and the Steven Spielberg-produced series *Smash*. Recently, Barclay has been an executive producer and the principal director for F/X's *Sons of Anarchy*. Prior to *Sons of Anarchy*, he executive produced and directed HBO's *In Treatment*.

During the *Profiles of Hope* interview, Barclay spoke candidly about his childhood in Chicago Heights, Illinois, and how he began to drink alcohol in grade school. "My grandparents drank a lot and I was obsessed with that. I romanticized that, having drinks as a child," he said. By the time he got to middle school, he was sent to a private boarding school in Indiana to improve his academics but found himself surrounded by other students who drank. "Going to prep school indoctrinated me to drinking," Barclay added.

After high school, he went to Harvard where he found himself heavily consuming alcohol to get through every scenario, including the death of his brother in 1976. “Whether I was happy or sad, alcohol improved it (my state of mind) and it became my drug of choice.” A career in advertising later took Barclay to New York City where he spiraled into depression after a four-day drug and alcohol binge. Hitting a low point, he realized he needed help and checked into a clinic and started attending meetings. “I’m 23-and-a-half years sober,” he stated.

Barclay left advertising and pursued a movie-making career in Los Angeles. He hit a low point after being fired from directing a film. He felt suicidal and was about to drive off Pacific Coast Highway when his favorite song *Bridge over Troubled Waters* came on the radio, stopping him. “The lyrics were perfect. They were speaking to me,” he recalled.

Years later, Barclay now looks back on that time and sees how life has completely changed for the better. He is now married to his partner, Christopher, whom he met 14 years ago. Together, they adopted two boys through the Department of Children and Family Services, and continue to encourage others to do the same. “These kids deserve great homes,” he explained. “The secret to life is to expand your love.”

Busy with family, a successful movie career and heavily involved in politics, Barclay finds happiness and silver linings everyday. “I sleep better when everything is going to be positive... I don’t want to be the person who drags the world down,” he said. “I want to reflect hope and positivity.”

The accomplished director/producer not only taped a *Profiles of Hope* segment but also a public service announcement (PSA) for LACDMH.

The *Profiles of Hope* segment and the PSA, both featuring Paris Barclay, are the first of three that will debut by late spring.

